We claim:

1. A creatine salt having the formula

wherein A represents an anion of a dicarboxylic acid.

- 2. The creatine salt of claim 1, wherein A is an anion of maleic acid, malic acid, fumaric acid, or tartaric acid.
- 3. The creatine salt of claim 1, wherein A is an anion of malic acid.
- 4. The creatine salt of claim 1, wherein A is an anion of maleic acid.
- 5. The creatine salt of claim 1, wherein A is an anion of fumaric acid.
- 6. The creatine salt of claim 1, wherein A is an anion of tartaric acid.
- 7. A process comprising reacting a molar excess of creatine monohydrate and a dicarboxylic acid or a tricarboxylic acid with heat to form a creatine salt having the formula:

- wherein A represents an anion of a dicarboxylic acid.
- 8. The process of claim 7, wherein the reaction is carried out in an alcohol solvent.
- 9. The process of claim 7, further comprising separating and drying the creatine salt.
- 10. The process of claim 7, wherein A is an anion of malic acid.
- 11. The process of claim 7, wherein A is an anion of maleic acid.
- 12. The process of claim 7, wherein A is an anion of fumaric acid.
- 13. The process of claim 7, wherein A is an anion of tartaric acid.